

Warrior News

July 2003

<http://www.usarc.army.mil/95thdiv/2bde/3-378th/newsletter.html>



3rd/378th

Upcoming Drill Dates

No Drill in July

August 9

September 13-14

In This Issue

2 Family Readiness

2 Birthdays

2 Welcome!

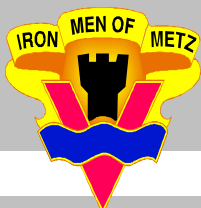
3 Using Your Benefits

3 Featured Website

3 Recipe of the Month

4 USAR News

3D Battalion, 378TH Regiment
1507 W Lindsey Street
Norman, OK 73069-4301



Commander's Corner



"Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying points: to build courage when courage seems to fail; to regain faith when there seems to be little cause for faith; to create hope when hope becomes forlorn. Unhappily, I possess neither that eloquence of diction, that poetry of imagination, nor that brilliance of metaphor to tell you all that they mean...

They teach you to be proud and unbending in honest failure, but humble and gentle in success; not to substitute words for actions, nor to seek the path of comfort, but to face the stress and spur of difficulty and challenge; to learn to stand up in the storm but to have compassion on those who fall; to master yourself before you seek to master others; to have a heart that is clean, a goal that is high; to learn to laugh yet never forget how to weep; to reach into the future yet never neglect the past; to be serious yet never to take yourself too seriously; to be modest so that you will remember the implicity of true greatness, the open mind of true wisdom, the meekness of true strength. They give you a temper of the will, a quality of the imagination, a vigor of the emotions, a freshness of the deep springs of life, a temperamental predominance of courage over timidity, an appetite for adventure over love of ease...

And through all this welter of change and development, your mission remains fixed, determined, inviolable — it is to win our wars. Everything else in your professional career is but corollary to this vital dedication. All other public purposes, all other public projects, all public needs, great or small, will find others for accomplishment; but you are the ones who are trained to fight: yours is the profession of arms — the will to win, the sure knowledge that in war there is no substitute for victory; that if you lose, the nation will be destroyed; that the very obsession of your public service must be Duty, Honor, Country..."

- General Douglas MacArthur

Ours is the course as set by those long before us.

To be a Drill Sergeant is to be a model soldier, to be an NCO is to be a leader amongst men, to be an officer is to lead without waiver, but always we are to be an American Soldier.

We have shown in action that we are a Battalion committed to lead with the Army's values at our breast and held closest of all are Duty, Honor, Country.

Train hard. Train each and every day. Let your honor guide you and let these words bind duty with inspiration, honor with motivation and commitment to your country.

Birthdays

- Sabrina Obregon - July 7
- Tyoga Luther – July 9
- Gloria Obregon - July 10
- Dylan Roller – July 12
- Natasha Bunch - July 15
- William & Willis Knight – July 17
- Thomas Cornell - July 17
- Kimberly Luther – July 22
- Melinda Gouge – July 22

Army Humor

Twenty-eight years ago, Herman James, a West Virginian mountain man, was drafted by the Army. On his first day in boot camp, the Army issued him a comb. That afternoon, an Army barber sheared his head.

On his second day, the Army issued him a toothbrush. That afternoon, an Army dentist yanked several of his teeth.

On his third day, he was issued a jock strap. The Army is still looking for him.

Be a Part of the Warrior News

The Battalion newsletter needs you. We want to provide you with more news and the kind of news that all our members want to hear about! You can now submit your ideas, even articles to be reviewed and possibly published, with a credit to you as the author!!! If you would like to see "your news" next month please help out by sending any ideas, birthdays, a funny army joke, recipes, news, great website you found, etc. to morningstar.cornell@us.army.mil. Your participation will make this great newsletter even better.



Family Readiness

Your monthly message from your FRG Leader Judy McIntire

Hello everyone, I hope that everyone is enjoying their summer so far. AT is here, if anyone has any concerns while their sponsor is away at AT/School, let me know and I will try to help you with it.

Its my turn, I do have a concern that I would like to voice. We have been trying very hard to get everyone on line, several of you have non working e-mail addresses according to our webmaster. It is beneficial for you to make sure that the battalion has correct information concerning your home address, phone numbers and e-mail address. Especially the spouses, you need an e-mail address for yourselves. This way when the battalion is trying to contact you with information that we deem important we can send it directly to you. If your spouse has an AKO account, you too can have one, it is free and it is easy to obtain. All you have to do is go to your spouses AKO addresses and follow the directions (you will need to know their password). If you have problems with this let me know I know someone that can walk you through this. Family Readiness is trying to keep our cost down so that we can use our funds in a more beneficial way. Hard copying letters is very expensive. Family Readiness would like to know if any of you are expecting, we would like the opportunity to do something nice for your new bundle of love.

In addition to regular news, we would like to offer you some space on the newsletter to advertise things that you would like to sell, trade or that you are looking for. I'm still trying to put a babysitting tree into play. Anyone with a teenager that is interested in making a little extra cash, please let us know so we can put it in the newsletter. Has your dog or cat had a litter and you need homes for them, put it in the battalion newsletter, its FREE!

Well that's all for now take care and keep safe.

Welcome!

I want everyone to know that we are getting our new Battalion Commander in August, we are having a reception at the center in the afternoon on August 9th, please come and show your warrior support to MAJ Crabtree.

Also welcome SPC Harry Williams to Bravo Company.

Promotions

The Family Readiness Group is proud to recognize the following soldiers for exceeding the standards and making the grade.

Delta Company: Staff Sergeant Andy Pierce
 Sergeant Clifford McCraw

Featured Website

MilitaryShoppers.Com

A Salute to Savings

<http://www.militaryshoppers.com>

This site is designed for members of the military community: Active Duty, Retired, Guard and Reserve. Our aim is to bring you useful information that will make your life a little easier and your shopping less expensive. Patriotic organizations that appreciate the sacrifice that you and your families have made to serve our country have provided special military discounts. We'll also offer contests, sweepstakes and drawings for unique prizes.

You can also find out what's on sale at the commissary, sign up to receive military coupons in the mail. Also available are on the site are; message boards, job listings, recipes, free classifieds, local base information, and much more.

Recipe of the Month

"Red Lobster" Cheddar Biscuits

2 C Bisquick

2/3 C Milk

2/3 C Sharp Cheddar Cheese

1/4 tsp Garlic Powder

1/2 C Melted Butter (the real stuff)

Mix Bisquick, milk, and shredded cheese, until a soft dough forms. Drop by loose spoonfuls onto a cookie sheet lightly sprayed with cooking oil. Bake 8 - 10 minutes at 450 degrees until golden brown. Mix melted butter and garlic and brush over the biscuits as soon as they come out of the oven. Let stand 10 minutes and then serve.



Shopping the Commissary

Are you taking advantage of one of your biggest benefits?

Commissary shopping Commissary Benefits is another benefit available to Army Reserve members. Shopping at the commissary can save a family 30% or more compared to shopping at civilian grocery stores. Reserve personnel are authorized 24 commissary visits each year as a part of their non-pay military compensation. With careful planning, 24 visits to the commissary can result in serious savings. A market basket survey reported commissary shoppers save more than 30 percent on their grocery purchases. This means a Reserve member shopping for a family of four could save more than \$2,440 a year by using the commissary. Though commissary shoppers can always find individual prices higher or lower than in a retail grocery store, the market basket survey proved that consistent, savvy shopping at the commissary brings significant savings.

Unfortunately, many Reserve members lose out on these savings because they do not have a current DD Form 2529, U.S. Armed Forces Commissary Privilege Card, for the calendar year. The Defense Commissary Agency does not issue these cards. Anyone in the Reserve who has not received a current card should contact his or her unit orderly room or First Sergeant.

To shop in the commissary, Reserve members or their immediate family members need a valid military ID card and a current commissary privilege card that entitles them to 24 shopping days. Cards are stamped or initialed at checkout for each day of store visits, with multiple visits during the same day counting as one day's visit. During periods of active duty for training, Reserve members and their family members can visit the commissary as many times as they wish by showing ID and active-duty orders without getting their card initialed.

Reserve members may use their 24 commissary visits at their discretion throughout the calendar year at whatever pace and schedule desired. However, any commissary visits unused at the end of a calendar year do not carry over into the next calendar year, becoming lost savings opportunities for shoppers.

The nature and scope of the Guard/Reserve commissary privilege is established by Congress and implemented by the Department of Defense. Congress has established the Guard/Reserve commissary privilege as 24 visits per calendar year, and DoD has implemented this Congressional direction by requiring that every Reserve member have a current year Commissary Privilege Card, in addition to valid ID, to document entitlement to the commissary privilege.

To find the commissary nearest you, go to our Battalion website and look under the Soldier Resources area for "DECA". You can find it at this address:

<http://www.usarc.army.mil/95thdiv/2bde/3-378th/soldierresources.html>

In Washington Lt. General Helmly, USAR, signs a formal memorandum to merge the Information Technology of the Regular Army with the Army Reserve. This will help consolidate the flow of information and will have positive impacts on our technical, operational and human resources Army-wide.

Maryland, the 311th Theater Signal Command, a USAR Unit, ran the largest peacetime communications exercise to date. The exercise, "Grecian Firebolt '03", tested new communication systems designed to protect U.S. homeland security, a step toward winning the war on terrorism. They are "striking back with connectivity", as their theme. The exercise created a secure network allowing the United States forces to put "steel on target" anywhere in the world. Look out Big Brother the Army has landed!

Corbu, Romania, yes you read it right, Romania! The 844th Engineer Company of the 81st Regional Support Command, USAR, are taking part in a multinational exercise in Romania (didn't we all wish for this AT?). As part of their mission they will be repairing and expanding an airfield, drilling a water well, installing a new water system, repairing roads, and building a school for a local impoverished town. Now that's a mission!

FALLUJAH, Iraq, SSG Sean Sullivan with the USAR 411th Civil Affairs Battalion is teaching classes to the Iraqi police every morning. He is teaching basic classes on control and compliance, such as handcuffing, takedown and traffic stops. Thanks to an Army Reservist, new Iraqi policemen can always "be careful out there" and start protecting their streets too.

ALI SABIEH, Djibouti, (AFRICA) Would you believe that the USAR is all about animal health and safety? Well it's true, look out PETA! The 478th Civil Affairs Battalion provided medical attention to nearly 600 sheep, goats and donkeys. (Imagine a casualty calling "Me-eh-eh--eh-dic!") It's all part of a multinational exercise to provide treatment to common animals in that region as a veterinarian mission.

Ft. Sill, OK, Our troops there are still working and are performing mighty fine. It is rumored that they will be graduating a class on July 30th. You may wish to contact your first line supervisor to get the exact location and time to attend. I am sure our troops would be proud and honored to be surprised by a spot visit from all of us left in the rear during their deployment!

Norman, OK, Our current Battalion Commander announced that we will be having a picnic in September. It was put out that we would all start planning now, start speaking with our spouses and dependants about coming. The more the merrier for this annual family event and hopefully we'll see another pie smacking contest - so get your wallets ready too! It's the one good hooah hooah event you can count on each year, so tell the family - we're gonna mount the vehicle and set down on a hot LZ!

Granted its not Paul Harvey and this is not the rest of the story. You'll have to log on to the web and check out the link on the Soldier Resources area of our Battalion's website for more. The address is long- of course- this is the Army:

<http://www.usarc.army.mil/95thdiv/2bde/3-378th/soldierresources.html>.

Look for the U.S. Army Reserve News link.

And that's it, enjoy, we're out!

Author – Jack Cornell
Sources: US Army Reserve News

It's up to you, the common news reader. We see him everywhere, in the newspaper, in our Division Magazine, in our newsletters... It's been rumored he has been seen at Fort Sill and at the Battalion in Norman. Next he'll be on your favorite box of cereal! So post your vote to us;

- Place a ban this face
- Put term limits on pictures
- Ask him where the next feature film will be

It's your choice America. We leave the opinion in the hands of the public. At any rate, SFC Johnson could be an American idol, of course, he is a Drill Sergeant – hooah.

